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HEALTH-EXERCISE:  
A DISCUSSION  
OF  
THE RATIONALE AND PRACTICE  
OF  
BUTLER'S LIFTING CURE.

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"Habitual exercise is the CAUSE and CONDITION of that vital renovation  
of parts, which is the SOURCE and MEASURE of constitutional vigor."

YOUMANS.

SECOND EDITION.

NEW YORK:

PUBLISHED BY THE AUTHOR—No. 830 BROADWAY.

BROOKLYN—No. 274 FULTON ST.

1869.

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# HEALTH-EXERCISE.

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## INTRODUCTORY.

THE Medical Profession has long recognized the remedial influence of proper exercise, as well as its invaluable agency in preventing disease, and various expedients have been devised and prescribed to secure its benefits. Pedestrianism, the Gymnasium, Horseback riding, Rowing, Calisthenics and the Movement Cure have each had their day, and are still resorted to, serving a good purpose, no doubt, as an aid to the development and use of the *vis medicatrix naturae*.

I propose briefly to present the claims of BUTLER'S LIFTING CURE, as a safer, more complete and more economical system of exercise than any other, commending itself particularly to the medical profession as an exercise *requiring little time*, admitting of *accurate prescription* to patients, fulfilling all the conditions of well-directed physical training, with safety from over-exertion and injury.

Unconnected with other questionable appliances or methods of treatment, it respectfully courts the investigation of all physicians who would have within reach, an exercise which they can recommend, without fear of interference with their line of practice in other directions. No longer a subject of experiment, but illustrated by more than a thousand living demonstrations of its beneficial and curative effects, endorsed by many eminent physicians and teachers in all branches of the



medical profession, the Lifting Cure yet makes its strongest appeal no less to the common sense of the practical man and woman in every walk of life, who value *health* as the greatest of earthly blessings, than to the intelligent medical practitioner.

*HONOR TO WHOM HONOR IS DUE.*

To the inventive genius, diligent labor, and patient perseverance of Dr. D. P. Butler, of Boston, the public are indebted for the invention and perfection of the apparatus and system of exercise known as The Lifting Cure. In giving him this credit, we do not forget the early and efficient services of Dr. Joseph H. Swain, now of San Francisco, where he goes under the sanction of Dr. Butler, to introduce The Lifting Cure to the Pacific States. Nor are we unmindful of the labors of Dr. Geo. B. Windship, who first turned public attention to the value of lifting as an improved method of developing the external muscles, and demonstrated in his own person the possibility of lifting enormous weights by the shoulders. But Dr. Windship neither recognized adequately its *curative* effects, nor separated it in application, from the crude and imperfect appliances of the old gymnasium.

Dr. Butler, on the contrary, was the first to see clearly and proclaim the important and *fundamental* law of *coöperative action*, by which vitality instead of external muscular tissue is developed, and invented an apparatus whereby the whole body, internal as well as external, should receive sufficient and effectual exercise by a *simultaneous effort of every part*, thus economizing time and nerve-force, and resulting in vital invigoration, and consequent health and length of life.

This principle of coöperative action in exercise, we believe to be of the utmost importance. Without it, in exertion taxing different portions of the frame unequally, there is far greater liability to strain, rupture, and injury. Partial exercise,



long continued, must result in unequal and abnormal development of the parts thus severely taxed, necessarily *at the expense of some other part or parts*. But it will be seen from the following explanation, that proper lifting taxes *every portion of the human frame*, giving to each part its due share of exercise, the weaker being aided and supported by the stronger, and all working together powerfully and harmoniously. Will, mind and body strive at once for increase of power, and that regulated action which in its ultimatum is *perfect health*.

The Medical Profession, as we have before said, for centuries has commended exercise as a remedial agent. But recognizing 'the *necessity* of exercise, no adequate means have been devised for making it sufficiently available. This Dr. Butler has enabled us to claim for the Lifting Cure, which we present, not as an experiment, but in the clear light of accomplished fact, as an exercise, complete, thorough, graduated to all persons and conditions of strength and health, from the most delicate child or invalid, to the most robust man or woman. The physician may measure and prescribe it with even greater accuracy than his medicine or other hygienic treatment.

The idea of *lifting* as an exercise may be repugnant to many, from a false conception of the position of the body and mode of action. It is usually connected in the mind with the idea of stooping, or bending the body in an unnatural and constrained position, and with an effort which would result in injurious strain or over-exertion. Nothing could be further from a true conception of this beautiful application of the laws of physical culture. To *lift heavy weights*, is not the prime object of this treatment; but the action should always be graduated to the condition of the patient. We propose briefly to explain why proper lifting is the *most perfect exercise* for a human being, and how it aids in effecting a cure of chronic, acute and organic diseases and deformities.

*FIRST—ITS ADAPTABILITY TO THE BONY STRUCTURE.*

Various forms of apparatus for lifting graduated weights have been in use, from the rude appliances of the ordinary gymnasium, the combination of scale-beam and yoke-lifting machine, the ordinary spiral spring machine, the side-lifting apparatus invented and used by Dr. Butler several years since, but now used chiefly in Chicago and Cincinnati by parties who pay Dr. Butler a royalty for the privilege, to the greatly improved apparatus now in use by Dr. Butler at his Cures, which, from long experience and practical tests upon more than a thousand patients, I believe to be incomparably superior to any and all others.

Dr. Butler thus describes his apparatus and system of exercise : \*

“The Lifting Apparatus consists essentially of a strong wooden or iron table standing upon four legs, which are hollowed at the bottom to admit a solid glass or metal ball. This ball rests between elastic surfaces or disks of rubber, in the leg and on the floor, and its action secures elasticity and a perfect oscillation within proper limits, compensating for accidental irregularities in the position of the body. Through the centre of the table passes an upright metallic rod, on the lower part of which slide graduated weights. The top of this rod is surmounted by a socket or eye, through which the lifting-bar is passed, pressing in the centre at the top on a point or pivot directly over the centre of the rod. This socket is elevated or depressed to accommodate the height of the rod to varying heights of people, by means of a double screw passing downward into the rod. The Lifting Bar is held in position by the action of a small spring with pivot-rest, playing up from the centre of the socket. On the frame of the table rest a given number of semi-elliptical, or spiral springs, bedded at their

\* The Lifting Cure. By D. P. Butler, M. D. Boston : 53 Temple Place.

extremities in rubber. On the crowns of these springs rests a platform, corresponding in size with the frame below. On this platform, at either side of the rod, are rubber cushions for the feet, to prevent slipping, and to act as an artificial cartilage to connect the person properly with the machine. The rod passes through a central spring, which rests also on rubber upon the lower platform, the top of the central spring being surmounted by rubber, on which rests a strong nut, sustaining the rod and attached weight. This central spring and nut are on a level with the feet, at the point of the greatest resistance, that being the only proper place to apply the maximum force to overcome the maximum resistance in lifting.

"The Lifting-Bar, which is also patented, is a wooden cross-piece adapted to the form of the hand, padded with buckskin or rubber at the ends, and so adjusted that the patient, grasping the handles in opposite directions as he stands astride the bar, with his body directly over the rod, his shoulders, hips, and feet in a line perpendicular to the platform, and his head and neck erect, on a line with his spine, takes the weight on a straight line passing along the handle, and through the centre of the pivot on which the handle is pressed. Immediately on raising the weight, as the patient stands over it, he carefully adjusts the position of his feet, and then the corresponding relations of knees, hips, spine, chest, neck, head, and hands, and then rises slowly with the weight to an erect position.

"Straightening the knees fully that the action may be perfect and complete, he holds the weight an instant, and then slowly allows it to return to the spring, keeping the spine perfectly erect, and continuing the downward motion until the spring action has entirely ceased, and the weight is perfectly at rest. Then, without changing the position of the spine or head, he loosens his grasp from the handle, and slowly straightens the knees until he is completely erect. Standing a moment in this position, with shoulders well thrown back,

he inflates his lungs several times, and gives time for the complete culmination of the action before interrupting it by a change of position. As sound lingers on the ear, so this action lingers on the muscles and nerves to the point of its utmost culmination. This care is essential to the perfect vitalizing and invigorating effect.

“ After this, the patient rests upon an easy seat, or better, by lying at full length on his back or side upon an easy lounge or sofa, giving time for the reaction ; for invigoration follows from successive periods of action and reaction, not from actions following each other in quick succession. This would tend rather to exhaust ; but the exercise, as a whole, should, in every instance, leave the patient invigorated, not exhausted. The greatest care should be taken to obtain a correct position and adjustment of the weights, no less in lifting the lighter than the heavier weights.

“ In lifting, the ankles should be about opposite the rod, the foot under the forward hand slightly in advance of the other. The top of the shoulders should be well set back, the centre of the chest well rounded out. This position brings the body as nearly as possible into perfect shape, thus tending most powerfully to remove spinal curvatures and other deformities.

“ Commencing with a weight not more than half as large as the pupil is to lift at last, he should lift, usually, from four to six times, though the number of lifts, as well as the amount to be lifted and the degree of space through which to lift, is varied much, and according to the needs of the person. The first addition should be about one half the total amount to be added ; the second, about two thirds of the remainder ; the third and last, always the least. The patient should lift alternately with the right and left hand in front of the body. In lifting very heavy weights it may be well to make five or six grades instead of four. Where circumstances permit, we prefer the duplicate lift on each grade.

“Commencing on the first exercise with a weight fully within the control of the patient, an addition of five or ten pounds may ordinarily be made on each succeeding exercise-day, until the maximum weight is considerably increased, and the attendant instructor perceives, from the manner of lifting and symptoms of the patient, that he should proceed no farther at present. Then, on the succeeding exercise, his highest weight should be reduced one hundred pounds or more, and he should review, grading up again as before. In very delicate cases, an addition of one or two pounds a day would be better. In some instances, after the desirable maximum weight is reached, it may be well to grade downward five or ten pounds a day, reversing the process of the upward grade, to the extent of fifty or one hundred pounds.”

In lifting on this apparatus in this position, the body is perfectly upright, and the long bones of the limbs and the vertebral column are brought into proper relations for sustaining the greatest possible weight with safety. The *femur*, *tibia*, and *fibula*, the long bones of the leg, act as a column of levers, in the direction of their greatest strength. The toes being turned well out and the knees bending outward, the *femurs* support each other in their pelvic sockets *like an arch*, the strongest mechanical position, instead of pressing backward and outward as in side and shoulder-lifting. The *vertebrae* act as a perpendicular column of levers, protected by their intervening cartilages, which are compressed and consolidated in their action, instead of being separated, as in stooping, thus overcoming curvatures and deformities of the spine. The long bones of the arm, the *humerus*, *ulna* and *radius*, with the bones of the wrist and hand, one back and the other in front of the body, sustain the weight in the direction of their greatest strength, *in a central position beneath the body*, allowing proportionate exercise to the muscles and viscera of the front figure, instead of



giving a greater proportionate labor to the spine and muscles of the back, as in side and yoke-lifting. The point of suspension being as near the termination of the spine as possible, the weight is perfectly controlled, swaying with the body and bearing equally on every part, instead of allowing one side to lift more than the other, as is the liability of side-lifting. The strength of the hands is the measure of the power of raising weights, acting as a natural safeguard against over-exertion, the greater liability of shoulder-lifting. All the parts work harmoniously together, each sustaining its due proportion of labor, rendering the exercise perfectly safe, to the utmost limits of endurance, under a proper system of training.

*SECONDLY—ITS ACTION ON THE EXTERNAL MUSCLES.*

As with the bones, so also with the muscles. While the muscular is always rendered subordinate to the more important *vital* development and action, under The Lifting Cure, no other method of exercise gives the *muscular* system an action so complete and harmonious, calling, as it evidently does, upon forces of the entire body, from head to foot, in a simultaneous and effective effort.

Dr. Butler may well claim that, with his apparatus, *every muscle* of the body receives its appropriate share of exercise; for it is by no means uncommon for patients to perceive the muscular contraction upon the neck, face, scalp and ears, as well as the parts in more immediate approximation to the weight.

Nearly all the large muscles are acted upon *in the direction of their greatest length*, as are many of the smaller ones. Thus, the muscular coating of every minute vein and artery is compressed, with powerful and beneficial effect upon the *circulation*, as will be seen hereafter. The abdominal muscles, contracting

most powerfully, not only enable patients afflicted with *hernia* to exercise with perfect safety, but we have actually *cured* inguinal hernia, so that the patient has laid aside the truss after using it many years. There is not only no danger of injurious strain or rupture in proper lifting, but it furnishes the most hopeful prospect of an entire relief. So also, in cases of excessive abdominal deposit of adipose tissue, the tendency is always to solidify the flesh, and restore the natural proportions.

This powerful coöperative pressure of the external muscles upon the *viscera*, produces a mechanical action of those organs, more complete and effective than can possibly be derived from any partial or special application of exercise. This will be further demonstrated hereafter.

The fact that the entire muscular system is thus completely and thoroughly exercised *in a few minutes, without fatigue*, renders the Lifting Cure the briefest and most economical exercise for our business men, professional men, students, and all persons of sedentary habits, who are suffering from dyspepsia, nervousness, debility, and the long train of attendant ills, and who are debarred from ordinary exercise for *want of time*. It is also the surest *preventive* of these difficulties.

Rheumatism and all diseases of the muscular tissue here find their appropriate relief. The muscular power thus gained, is available, not only in lifting weights, but in whatever direction its exercise may be called forth.

### THIRDLY—ITS EFFECT ON THE VISCERA.

The chief value of the Lifting Cure as a remedial agent does not depend upon the exercise which it furnishes to the external muscles. A large proportion of the maladies which afflict humanity, and that, too, most dangerous to life and



destructive to health, has its seat in the *viscera*—the internal or *vital organs* of the body.

Dr. E. P. Banning, in a recent work, lays down the following “fundamental propositions,” among others, concerning the visceral status :

“The normal status of the weighty, lengthy, fragile, and irritable viscera, consists mainly in their being maintained *in the ascendant by their surrounding elastic abdominal walls*, in opposition to the state of consecutive dependency from their ligamentous attachments.

“In proportion as the body is erect, *and the abdominal and dorsal tissues energetic*, will this primary ascendant position be steadily maintained.

\* \* \* “In proportion as these supporting tissues relax from any cause, there must ensue a corresponding change in the visceral status ; they must lose their altitude, compactness, and support, and assume a loose, dangling, and elongated condition. In other words, a *lineal dislocation* is induced, involving a train of both physical and functional derangements, such as a solid common sense might clearly foretell.”

What is more evident than that only a *proper exercise* of these abdominal walls, with an upright posture of the body, and a vital invigoration of the viscera themselves, can permanently restore them to their natural position and re-invigorate their tissues ? To this natural method of treatment, alike indicated by a “solid common sense,” we invite all thus afflicted.

Admitting the temporary convenience and occasional necessity of artificial and external support to the displaced organs, it is none the less evident that *permanent power* and *entire relief* can only be obtained by a graduated and appropriate exercise of the affected parts, in harmony with the entire body. Proper lifting can alone furnish the action desired.

It is a well-known physiological fact, that each organ has its proper *action*; hence, its *nerves*,—avenues for conveying the vital forces,—and its *muscular tissue*, which, by its power of expansion and contraction, furnishes the medium for this action. These organs are connected, directly and indirectly, with the external muscular tissue by *muscular attachments*. Thus, when the external muscles are brought into powerful, coöperative action, as in lifting slowly, properly graduated weights, not only the exterior tissue, but *the vital organs themselves*, receive their appropriate share of the exercise, and as really aid in lifting as the *biceps* or *rectus*. Thus, in lifting in a natural position, the strength of the human being, like that of a chain sustaining a weight, is tested by the strength of its *weakest link or part*; whether it be the hand, the leg, the spine, the liver, or the kidneys. Thus, also, the Lifting Cure becomes invaluable in the diagnosis of disease, unerringly indicating the weak or affected part.

The unnatural postures which many of the occupations of life are apt to induce, as bending over books and sewing-machines, bring the body into injurious and constraining positions, and are themselves sometimes sufficient to cause serious disease. The Lifting Cure, on the contrary, causing the body to assume its normal, upright posture, the external muscles aiding the weaker viscera in regaining their natural places, and the viscera themselves gaining strength by gentle and appropriate exercise, furnishes the most complete and effective cure for *prolapsus uteri* and all visceral displacements, by whatever cause induced.

As a matter of fact, we have met with remarkable success in treating this class of cases, when all the ordinary remedies had failed to produce relief. In the most serious cases, where walking and the ordinary forms of exercise would be impossible, our treatment is safe and sure.

*FOURTHLY—ITS EFFECT ON THE CIRCULATION.*

The action thus described upon the muscular and vital systems, reinvigorates the frame through its influence on the circulation.

Proper *nutrition* is essential to the preservation of health, and an indispensable element in the cure of disease. To secure it, it is necessary, 1st, to supply the system with wholesome food in proper quantities ; 2d, to give strength and well-regulated action to the organs of the body, thus securing a healthy circulation of the blood. However healthful the food, unless the organs are powerful and healthy, it cannot be properly digested or assimilated.

Defective circulation, if not a cause, is an accompaniment to nearly all forms of chronic or acute disease ; and if we can secure, through the medium of exercise, a uniformly healthy action and circulation of the blood, we strike at the root of the difficulty and must accomplish its cure. The external symptoms are but the effort of Nature to accomplish this object. If we can aid her by freeing the channels from impurities, and cause the vital tide to flow unobstructed through every part, we furnish the means of most speedy relief. This the Lifting Cure most certainly accomplishes. As it gives to every part its proper share of exercise, its first effect is equalization. This influence of exercise obtained through the Lifting Cure, on the circulation and vital processes, and which no other exercise gives in so great perfection, has been so well summed up by Dr. Wm. Jay Youmans in his work on Physiology and Hygiene,\* that I transcribe an extract from its pages.

“ EFFECTS OF REGULATED EXERCISE. — All those vital processes which are essential to life, as digestion, *circulation*,

\* Elements of Physiology and Hygiene. Huxley & Youmans. New York : D. Appleton & Co.

respiration, secretion, are carried on independently of the will, and give rise to a large and constant amount of activity in the system. But labor and exercise are performed by calling into action an additional system of agencies—those of the voluntary muscles—and to maintain these in a state of activity, involves an extra requisition upon the various involuntary organs. As the materials of the body are derived from the substance of food, so all vital power is derived from the force stored up in the food. Organic matter is in a state of molecular tension, and, when decomposed, these tensions are given out in the form of physical forces. Food is organic matter, suited to undergo assimilation, and then to give out its molecular tensions in various forms, as animal heat, *muscular power*."

Mark well the bearing of the following paragraph on our subject: "It follows, that in work, or exercise, *the voluntary muscular system draws upon the involuntary functions for its supply of energy; and hence, IN PROPORTION TO THE FORCE EXPENDED, IS THE GENERAL EXALTATION OF THE VITAL PROCESSES.*"

The Lifting Cure produces preëminently this vital exaltation and action *without exhaustion*, instead of calling out muscular energy at the *expense* of the vital, as do other long continued and more violent exercises.

To quote again from Dr. Youmans, "As the circulation ministers immediately to all the functions, its energy rises and falls with their activity. *Exercise* increases the movements of the heart in both force and frequency, and accelerates the flow of blood through all parts of the body. The circulation is also aided by the contraction of the voluntary muscles, which by pressing on the walls of the veins, tends to force along the current of blood. Moreover, this increased activity of the circulation meets the increased demand of the muscles for new material, to renew the disintegrated structures; and it also

speedily effects the removal of waste products, by rapidly transferring them to the proper eliminating organs. Thus, the complex stream from which the nutritive materials are constantly drawn, and into which waste matters are constantly poured, is directly affected both in its composition and rate of movement, by the state of action of the voluntary muscles.

“Exercise, also, it is well known, heightens the calorifying functions. It is through the increased activity of the circulation that the body is warmed by exercise.”

These beneficial effects, which are partially and imperfectly obtained from ordinary exercise, are obtained more perfectly and completely from the coöperative effort of lifting. Instead of causing a congestion of the large arteries, with injurious effect upon the brain, as is sometimes the result of misdirected exertion, the Lifting Cure increases chiefly the *capillary action*, clearing out the impurities which may have been lodged in the various ramifications of the venous and arterial network, and causing a delightful glow and exhilaration to the patient. It is wonderful to observe the potent influence of this treatment upon the skin and complexion. If yellow with jaundice or bile, overburdened with effete matters and obstructions, it shortly becomes clear and beautiful, acquiring the natural glow of health.

*FIFTHLY--ITS EFFECT UPON THE BRAIN, THE NERVOUS SYSTEM AND THE MIND.*

Even more potent than the action of the Lifting Cure on the muscles, the viscera and the circulation, is its effect upon the brain and nervous system. To this influence, in a large measure, is its curative value due. Dr. Butler's remarks, in his work on “The Lifting Cure,” upon this effect of the exercise have been somewhat criticised, and the possibility of its producing a marked influence on the brain and mind has been

denied. Hence it may be well to note here the words of Dr. Youmans on the connection of body, brain and mind, which, it will be seen, completely support the position of Dr. Butler, and emphasize the importance of well-regulated exercise in securing healthy mental action.

"Nature," he says, "presents the problem, not of mind separate, but of mind and body bound up in a living unity, and the physiologist must take the question as he finds it."

Again: "It is now universally admitted that the brain is the grand nervous centre of thought and feeling—the *material instrument of the mind*, and that all mental actions are *accompanied and conditioned by physiological actions*. From the high complexity of composition of nervous matter, it is extremely unstable and prone to change. The brain is therefore not only, *like all other parts of the body*, subject to the double metamorphosis of waste and repair, but the transformations take place in this organ with more rapidity than in any other part of the system. \* \* \* *If the cerebral circulation is lowered, mental activity is diminished; if accelerated, the mind's action is exalted.*"

Again: "It is important to note, not only that the mind and body are both governed by laws, but that they are to a great extent governed by the *same* laws. Whatever improves the *physical qualities* of the brain, improves also the mind; whatever deteriorates the brain, impairs the mind. They have a *common development*, are equally increased in vigor, capacity and power *by judicious exercise*, and are alike injured by deficient or excessive effort. \* \* \* As thus the mind is dependent upon the conditions of the brain, *while the brain is controlled by the bodily system*, we see how impossible it is to deal with the mental powers in a practical way without taking the material organization into account." \* \* \* "As bodily and mental health depend in a great degree upon the same conditions, all



that has been said concerning the sanitary influences which affect the corporeal system, has likewise its bearing upon health of mind."

It is well known that there is no cause of disease more powerful or more prevalent than derangement of the mental or nervous forces. A sudden shock, as when one unexpectedly hears of the death of a dear friend, will disturb the secretions, send the blood back from the extremities to the heart, and is sometimes of itself sufficient to cause serious physical disease. The severe strain upon the nervous system during the late war, the conflict and excitement of a population devoted to speculation and trade, are potent causes of disease, premature old age and death. Our lawyers and statesmen are struck down suddenly, in the prime of life, from over-mental exertion. How, then, shall we reverse this process, and use the nervous forces to reinvigorate and reconstruct the human being?

The Lifting Cure does this primarily through the concentrated, harmonious and powerful action of the *will*, through the *nerves*, upon the *muscular tissue*. All action originates in the brain, and is initiated through the action of the will on the nerves. In lifting properly graduated weights, increasing them slowly but surely from day to day, the will is constantly demanding increased action of the nervous forces, and they in their turn transmit the errand to the muscular tissues. Were it not for this constant, unvarying connection between will and nerve, nerve and muscle, muscle and blood, we should seek in vain for any curative result, or, indeed, for any result whatever. In this too much neglected, too little comprehended department of nervous energy we find the tap-root of our tree of life. Here must our constant culture be applied.

It is found by long experience, that, if the mind fails to become interested in the treatment, if the patient wants confidence, and hesitates, the cure is more doubtful and its accom-



plishment is delayed. But here, also, is indicated the chief excellence of our treatment ;—that in calling on will and nerve-energy by ever increasing demands, and *never exhausting it by over action*, a harmony is finally established between nerve and muscle and circulation, that trinity which composes the physical being of the wonderful unit—MAN ; by which his fell enemy, Disease, is most surely conquered and overthrown.

The perceptible increase of power, as measured by the steadily increasing capacity for lifting weights, gives a confidence and sure encouragement to the patient, the value of which can hardly be over-estimated. In *no other* treatment or physical exercise can we *measure* this power, and determine its augmentation from week to week. This is not merely a test of muscular power, but of *vital soundness*, or health. Encouraged by increasing strength, and corresponding gradual decrease of unfavorable symptoms, the patient perseveres in obeying the laws of health, which is the essential condition to the complete eradication of disease.

The renewed energy given to mind as well as body, aids greatly in overcoming pernicious habits. Many of our patients, under this influence, have discarded tobacco and stimulants, without material discomfort or inconvenience, and it is needless to say, with great benefit to mental and physical health.

#### SIXTHLY—ITS CURATIVE EFFECTS.

Accepting our explanation of the effects of the treatment on the muscles, viscera, circulation and nervous system, the *modus operandi* of its curative influence will be readily conceived. Admitting its superiority as an *exercise*, it is unnecessary to urge farther its curative value, to intelligent physiologists and physicians. Galen wrote, long ago,—“If diseases take hold of the body, there is nothing so certain to drive them out as *diligent exercise*.”

Dr. Youmans, from whom I have quoted before, says : "If thus exercise be an essential condition of health, and the want of it a fruitful cause of disease, it is obvious that *only by the reëstablishment of the needed exercise* can health be regained."

This principle has long been received by the medical profession. In submitting the Lifting Cure as the most available, systematic, safe and agreeable form of exercise, we are simply supplying a method whereby physicians can secure this most desirable aid. It will readily be comprehended that a system of treatment which thus acts directly on the centres of vitality, aiding the natural processes of digestion, excretion, circulation and nervous energy, freeing the system from impurities and giving tone and life to the weakened organism, must be most effective and *permanent* in its results. Its method of cure in organic diseases, is, through the stimulation and strengthening of the natural processes, to *create new organs*, uncontaminated by disease, unpoisoned by effete and decaying matters. Throughout the whole range of *chronic diseases*, we have met with unvarying success.

Where the difficulty is simply *weakness*, the Lifting Cure removes it by giving strength.

Where *deformity* exists, the Lifting Cure, by bringing the body into perfect position, under the stimulus given by properly graduated and increasing weights, tends always to remove it.

Where *displacement of organs* has resulted, from whatever cause, the Lifting Cure, by restoring them gradually to their natural position, and strengthening them, with their adjacent muscles, has proved most effectual as a cure.

Where *congestion*, or *unequal and torpid circulation* deranges the system, the Lifting Cure, by its harmonious and powerful influence, cannot fail to promote equalization and healthy action.

Where *pain* exists, resulting from congestion or unequal nervous action, the Lifting Cure, by equalization, quickly removes the difficulty.

Where there is *nervous debility*, from over-mental action or excess, the Lifting Cure, by presenting proper physical exercise, quiets, and restores the true equilibrium between body and mind.

Where *digestion is impaired*, or constipation exists, the powerful and beneficial action of graduated lifting speedily produces relief.

In *diseases peculiar to women*, the Lifting Cure, by furnishing proper physical and mental stimulus, has proved most efficient as a method of cure.

In *consumption* and lung diseases, the Lifting Cure, by its influence on the circulation and nutrition, and the powerful and healthful action of the lungs which it induces, furnishes a most potent aid both in prevention and cure.

From all *humors*, the Lifting Cure, by its influence on the circulation, purifies the body.

In many *acute diseases*, if applied in season, the Lifting Cure furnishes immediate relief.

As a *preventive* of disease, the Lifting Cure furnishes the simplest, most effective and most available means.

In short, by presenting an agreeable form of exercise, capable of so gentle application that the most delicate invalid can safely attempt it, and, on the other hand, becoming the most powerful agent known, for physical culture and development, it is available to *all who need bodily exercise*—and who does not need it?

It works in harmony with all Hygienic agencies.

It invites the attention of all who seek restoration to health or an increase of physical vigor.

We especially and respectfully ask the investigation and

favorable consideration of the Medical Profession, aiming to supply a need, and furnish an efficient aid to them in their labors for the alleviation of suffering humanity.

To physicians, and all interested to inquire, we will be pleased to give verbal statements of the effects of the treatment in individual cases, covering a wide range of diseases, which, for obvious reasons, we do not insert here.

All desiring information, are respectfully solicited to call at our rooms, where every facility for investigation will be furnished.

Better than any theory or explanation, is the sure test of practical experience. To this we invite all who would know more of the Lifting Cure.

## APPENDIX.

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### The Unbought Opinions of the Press, the Profession, and the People

#### THE PRESS.

*The New York World*, Editorial, June 27, 1869.

“The Lifting Cure is somewhat analogous to this (the Movement Cure), although, instead of the manipulatory process being indulged, whereby the organs are stimulated by artificial or external action, this latter process (the Lifting Cure) more naturally and scientifically endeavors to strengthen the members of the body *by their own action*. Moreover, instead of the separate benefit, as of an arm or a leg, which the Movement mode secures, the design of the Lifting Cure is to compel a uniform exertion, and consequently obtain a uniform development of all the muscles and joints and seats of power in the body at the same time. To do this, it is of course necessary simultaneously to call on all these muscles, and any apparatus which secures this, is palpably superior to all gymnastic or other physical appliances which bring out only one or a few at a time. The nearest approach to a uniform development which has been obtained until recently, has been produced by the severe and generally impracticable regimen and exercise of the prize-fighter. Existing gymnasiums, we know, give a man strong arms, or strong legs, or hard feet, or active motion,

and also improve his wind ; but aside from these several, not simultaneous developments, they involve too much time, and tend too much towards sensational athleticism to be available for the thousands of the weak and over-worked.

“ The Lifting Cure, which seems to secure the uniformity of development specified, has been contrived and established by Dr. D. P. Butler, of Boston, a physician in accord with the regular school, and numerous endorsed by them. His office and apparatus are at 830 Broadway, in this city, and the latter, *by palpable evidence and trial, certainly secures a harmonious and uniform development of the human body* in all its points, a desideratum which the most advanced of all the branches of practitioners have sought, and the absence of which, hitherto, has given a long labor to secure.”

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• HORACE GREELEY ON “ THE LIFTING CURE.”

*The New York Tribune*, Editorial, Nov. 12, 1868.

“ Weights and lifting apparatus are so adjusted as to bring an equal strain on every muscle of the human frame. \* \* \* We have no skill in medication, but *thousands of our sedentary workers with brain and quill might try ‘THE LIFTING CURE’ with lasting profit.*”

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*The Evening Mail*, Editorial (Maj. J. M. Bundy),

July 22, 1869.

“ A GRAND EXERCISE FOR BRAIN-WORKERS.—Last Spring we were conversing with one of the ablest and hardest-working clergymen of this city, and asked him how it was that with all the wear and tear of his daily labors, he looked so much better and brighter than he did a few months before. He replied :



‘The Lifting Cure has done it.’ That was direct but hardly intelligible, so we asked what this mysterious cure was. The answer was to the effect that it was originally suggested by the success of Dr. Windship, in renovating broken-down constitutions by the lifting of heavy weights.

“Windship’s system, however, merely afforded the suggestion. Dr. Butler, of Boston, acting on the theory that the true way to prevent or cure disease was by an exercise strengthening the whole body, developed an admirable method of lifting, in which novel and ingenious machinery enabled him to equalize the strain on all the muscles and to overcome the resistance of the weights gradually. It was this system which our friend had tried with such signal success. He began by lifting comparatively light weights, and kept on, with slight daily increase, until he raised five hundred and fifty pounds with no serious strain. This exercise, which only occupied him half an hour daily, enabled him to perform an amount of work daily which otherwise he would have sunk under.

“We learned that this was the experience of several of our most prominent literary men, divines, lawyers, and business men, who had tried the same system. They all concurred in their testimony that by means of the ingenious mechanical contrivance of Dr. Butler they were enabled to take an exercise which was gentle, safe, and pleasant ; which sent the circulation from the head over the whole system ; which relieved nervousness, inability to sleep, and depression of spirits ; which inspired a new energy, expanded the lungs, increased the appetite, and reinforced all the energies of the system.

“A partial trial of this cure at the establishment at 830 Broadway, has added to the convictions inspired by this testimony. When we have experimented more thoroughly, we shall give our experience in full. All of which is suggested by the advertisement of the Lifting Cure at 113 Broadway, to be found elsewhere.”



*Evening Mail*, Editorial, July 23, 1869.

"Among those who have tried 'The Lifting Cure' with profit, at the establishment No. 830 Broadway, are Rev. Mr. Frothingham, Dr. Bellows, Prof. Botta, Col. Church of the *Army and Navy Journal*, and Mr. Croly of *The World*."

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*The Revolution*, Editorial (Parker Pillsbury), April 15, 1869.

"Among the new schools of healing, the most novel is 'The Lifting Cure.' \* \* \* Dr. Butler is its originator, and he deduced it in the most natural and logical manner from the laws of human nature itself. \* \* \* Pushing his investigations into the cause and nature of disease, he has developed a curative system as natural as novel, and which has already challenged the attention and compelled the respect of many of the most eminent medical men of the country. \* \* \* Every bodily and mental faculty is strengthened, as every body knows, by exercise or use. A systematized, scientific application of this principle to every faculty, bodily, mental, and spiritual, is what is proposed; and this is the only mystery of The Lifting Cure.

"Dr. Janes is a disciple of Dr. Butler. His elegant rooms, at No. 830 Broadway, are now daily the resort of many of the wealthy and fashionable, lawyers, ministers, medical men, as well as diseased persons, both men and women, of New York."

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*The Army and Navy Journal*, Editorial (Col. W. C. Church), May 29, 1869.

"\* \* Take such admirable institutions as Butler's Lifting Cure, or, as he well styles it, 'Health-exercise'—what an immeasurable benefit such an institution is to the people of any city. It is a scientific system of strength and health culture,

developing the body symmetrically; and many a clerk, accustomed to be prostrated by over-work, and accordingly to have his digestive and circulative organs all wrong, and his round of business life a burden, has been able by this 'Lifting Cure' to do his routine work as vigorously as ever. All such systems of physical training, designed to overcome the inertia, the weakness and diseases incident to sedentary life and work, are to be encouraged most heartily, as tending to give us a more vigorous race of Americans."

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*The Orange (N. Y.) Journal*, Editorial, July 3, 1869.

"We have spoken with great confidence concerning this new establishment in our midst, on account of the responsible citizens of Orange concerned in the movement. This apparatus was brought to Orange some three months since, by certain well-known citizens who were interested in it solely for the benefit of themselves and families. Pleased with its effects, and influenced by the favorable testimony of friends who had more thoroughly tested it, they have procured leave of the inventor, Dr. D. P. Butler, of Boston, to open a Lifting Cure establishment for the use of the public. This is not, therefore, a new and untried notion, brought before us by some unknown and irresponsible party who, by exciting undue hopes in the weak, expect to reap a pecuniary harvest; but it is opened by responsible men in our midst, who have been for months trying its character, and who do not look upon it as a source of income. We therefore confidently recommend this establishment to the favorable consideration of all who desire to test the claims of The Butler Lifting Cure and Health-Exercise."

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*The Radical*, Boston, Reviews and Notices, June, 1869.

"It has been the faithful and persistent endeavor of many

an invalid to live in obedience to nature's laws. They bathe in pure water, breathe pure air, bask in sunshine, and reduce the diet to an ideal simplicity. And in many cases great is the reward. The hapless body takes heart again under this kindly usage ; and the slow, carefully guarded invalid life is peacefully prolonged. But it is invalid life after all. How frequent is the confession, 'I am very comfortable while I go along just so ; but if I take one step out of the routine, I suffer for it,' till we come to believe that to make life comfortable was the best thing attainable for those once afflicted with any chronic ailment. But it would seem that, under this new system, the dream of many a life-long sufferer is coming true. The disappointing mirage takes substance and reality. There is, for a large majority of invalids, a fair chance yet for renewed life, vigorous and joyful. Under this new system, the law of exercise, instead of being, as heretofore, slurred over as a subordinate point, takes its proper place as a fundamental law of the human organism. How to obey this primal law is the hitherto baffling problem which Dr. Butler seems to have solved successfully. Not overgrown muscle, not partial but perfect development of the whole body is the object. This is secured by careful and scientific training, with the aid of machinery. The theory is simple and natural, harmonizing with all that is healthy and progressive in the thought of the present day, and, so far as we know, the facts amply sustain the theory."

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*Boston Commonwealth*, Editorial, Nov. 7, 1868.

"We take pleasure in informing our New York readers of the fact that our friend D. P. Butler, of this city, to whose new Lifting Cure we have frequently called their attention, has opened rooms at 830 Broadway. This system, with its beautiful and exact appliances, we recognize as one of the inspira-

tions of the age. It should not be overlooked by those who desire to acquaint themselves with the 'latest thought' in the science of physical culture. The new institution is under the charge of Messrs. Leavitt & Janes, and we are glad to see it in such hands. We predict for it a sure and permanent success."

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### THE PROFESSION.

From EDWARD BAYARD, M. D.

"No. 6 WEST 14TH ST., NEW YORK,

"Nov. 19, 1888.

"Messrs. LEAVITT & JANES,

"GENTLEMEN :—I have examined and tried 'Butler's Lifting System of Physical Training' under your direction in this city, and it seems, to my mind, admirable in its results, and of the greatest benefit to those frames weakened and diseased by civic life and sedentary habits.

"As it is true that inertia causes weakness, and weakness predisposes to disease, it must follow that that must be a perfect system that brings every muscle of every part of the body from head to foot into gentle action. Your system does this in a peculiar manner; it exercises every part, but neither exhausts nor stiffens, but leaves the system strengthened, and with a sense of being refreshed.

"In female weaknesses it must be of the highest importance.

Yours truly,

"EDWARD BAYARD."

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From L. T. WARNER, M. D.

"39 EAST 19TH ST., NEW YORK.

"I have had some experience with the 'Butler Lifting Cure' under the auspices of Messrs. Leavitt & Janes, and

have no hesitation in recommending it to all who are in need of a simple, safe, and effective method of health-culture.

"L. T. WARNER, M. D."

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From SAMUEL SWAN, M. D.

"13 W. 38TH ST., NEW YORK,  
"Nov. 23, 1868.

"Messrs. LEAVITT & JANES,

"GENTLEMEN :—I have personally tested Butler's 'Lifting Cure,' that I might, if satisfied of its merits, prescribe it for my patients ; and I am convinced of its great advantages as a system of exercise. I know of none so profound in its effects or so beneficial in its results. As it necessarily brings the body into its normal erect position, it tends to rectify any functional disturbance of the viscera caused by displacements or spinal affections.

"It brings into action every muscle of the body, promotes and equalizes the circulation, develops the vitality of the system, confers all the benefits of thorough, well-directed exercise, without fatigue, and leaves the patient with an agreeable sense of rest and refreshment, both of body and mind. It is free from the objections inherent in other systems, and I do not hesitate to recommend it to all persons requiring exercise.

"Very sincerely,

"SAMUEL SWAN, M. D."

---

From DAVID THAYER, M. D., *President of the American Institute of Homœopathy.*

"58 BEACH STREET, BOSTON.

"I am happy to indorse your system of cure ; and I hereby give you full liberty to refer to me.

"Yours very truly,

"DAVID THAYER."

From ISAAC TABOR, M. D.

" VALLEY FALLS, R. I., (late of WORCESTER.)

" DR. D. P. BUTLER,

" DEAR SIR:— \* \* \* The Philosophy of the Lifting Cure as given in your work is to my mind conclusive, and I can most cordially recommend your system to all who are suffering from unequal circulation of the blood and nerve power. You are at perfect liberty to make use of my name whenever you can by so doing introduce your truly valuable system of cure to the notice of suffering humanity.

" Yours truly,

" ISAAC TABOR."

---

We refer also, by permission, to the following well-known physicians in this city :

B. F. BOWERS, M. D., 23 East 20th Street.

H. B. MILLARD, M. D., 7 East 27th Street.

E. P. MILLER, M. D.

M. P. BROWNING, M. D., 25 East 4th Street.

M. L. HOLBROOK, M. D., 15 Laight Street.

HENRY C. HOUGHTON, M. D., 3 East 33d Street.

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## THE PEOPLE.

From Rev. Father THOMAS S. PRESTON, *of St. Ann's  
(R. C.) Church, Chancellor of the Diocese of New York.*

"ST. ANN'S CHURCH, 145 8TH STREET,  
"NEW YORK, Sept. 9, 1869.

"MY DEAR SIR :

"Having tried The Lifting Cure, under your directions, for nearly a year, I can cheerfully add my testimony to the recommendations of many others in its favor. While it is most economical in point of time, it is an exercise most thorough in its effects, reaching every part of the human frame.

"With me it has been *a constant invigoration from the depression of mental fatigue*, and I have found my physical strength slowly but surely to increase under its influence.

"Yours very truly,

"THOMAS S. PRESTON."

From Rev. CHAUNCEY GILES.

"37 EAST 33D ST., NEW YORK,  
"Sept. 15, 1869.

"Dr. LEWIS G. JANES,

"MY DEAR SIR :—From a thorough personal trial of *The Lifting Cure*, it gives me great pleasure to add my testimony to that of many others with whom I am acquainted, to its great excellence. So far as I know, it is the best method yet discovered, of equalizing the circulation, developing organic power, and giving tone and vigor to the whole body.



"It is peculiarly adapted to persons of delicate organization who have little occasion for physical exercise. It occupies but little time ; it refreshes and invigorates rather than exhausts, and under your careful direction, the most delicate woman can exert the full measure of her strength without any danger of straining the weakest organ. There are thousands of invalid men and women in our city, who would find relief from chronic pain and debility, whose physical powers would become invigorated and their lives prolonged by spending three hours a week under your direction in the exercises of The Lifting Cure.

"Hoping you may meet with the success which your system of cure, and prolonging life, deserves, I remain,

"Very sincerely yours,

"CHAUNCEY GILES."

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#### NEW YORK REFERENCES.

We refer, by permission, to the following well-known citizens of New York, who have tested the Lifting Cure :

Hon. HORACE GREELEY.

Rev. CHAUNCEY GILES, 43 East 33d Street.

Rev. THOMAS S. PRESTON, 145 8th Street.

Rev. J. A. KEOGH, 145 8th Street.

Rev. O. B. FROTHINGHAM, 50 West 36th Street.

Prof. GEO. F. COMFORT, 654 Broadway.

Prof. BOTTA, 25 West 37th Street.

Judge PHILO T. RUGGLES, 39 Wall Street.

EDWARD BAYARD, M. D., 6 West 14th Street.

L. T. WARNER, M. D., 39 East 19th Street.

SAMUEL SWAN, M. D., 13 West 38th Street.

E. P. MILLER, M. D., 15 Laight Street.

- H. B. MILLARD, M. D., 7 East 27th Street.  
B. F. BOWERS, M. D., 23 East 20th Street.  
M. P. BROWNING, M. D., 25 East 4th Street.  
HENRY C. HOUGHTON, M. D., 3 East 33d Street.  
M. L. HOLBROOK, M. D., 15 Laight Street, Editor of *The Herald of Health*.  
Col. WM. C. CHURCH, Editor of *The Army and Navy Journal*.  
Maj. J. M. BUNDY, Editor of *The Evening Mail*.  
J. H. ELLIOT, Editor of *The Home Journal*.  
PARKER PILLSBURY, *The Revolution*, 49 East 23d Street.  
D. G. CROLY, 5 Van Nest Place (Charles Street).  
I. T. WILLIAMS, 57 Broadway.  
J. C. DIMMICK, 149 Broadway.  
MOSES ELY, 191 Broadway.  
WM. B. WINTERTON, 3 Pine Street.  
E. A. STANSBURY, 231 Broadway.  
BENJ. F. WEEKS, 33 Broadway.  
S. R. WELLS, 389 Broadway.  
F. E. BRADSHAW, 265 Broadway.  
JOHN G. RICHARDSON, 28 Beaver Street.  
ALBERT CLARK, Brevoort House.  
C. C. WAITE, Brevoort House.  
NATHAN HOBART, 53 Leonard Street.  
JAMES T. LEAVITT, 118 and 120 Church Street.  
S. W. BARNARD, 427 Fifth Avenue.  
EDWARD ANTHONY, 506 Broadway.  
GOVERNEUR M. OGDEN, 187 Fulton Street.  
S. S. SANDS, 68 Wall Street.  
E. B. AYMAR, 68 Wall Street.  
J. H. DIGGLES, 135 Duane Street.  
WM. W. FESSENDEN, 330 Broadway.  
R. W. HURLBUT, 91 Wall Street.  
MORRIS K. JESUP, 12 Pine Street.  
E. MCKENZIE, 130 East 12th Street.  
F. O. NORTON, St. Denis Hotel.  
C. H. KIMBALL, 29 Broad Street.

WINFIELD TUCKER, 341 West 22d Street.  
 H. A. UNDERWOOD, 18 Exchange Place.  
 SAMUEL F. STRONG, 45 Exchange Place.  
 EDWARD L. THÉRIAT, 22 Broad Street.  
 R. TOWNSEND, 361 Broadway.  
 A. R. WALSH, 211 Pearl Street.  
 JAMES WINSLOW, Union Club House.  
 W. M. McCUTCHEON, 58 Wall Street.  
 A. L. MOWRY, 80 Broadway.  
 L. C. CHALLISS, Hoffman House.  
 JAMES B. HAMMOND, 830 Broadway.  
 W. A. GALBRAITH, Erie, Pa.  
 H. A. KERR, 746 Broadway.  
 LOWELL MASON, Jr., 596 Broadway.  
 ROBERT. S. LYON, 172 Church Street.  
 CHAS. LANIER, 27 Pine Street.  
 R. S. WEBB, 229 Broadway.  
 E. P. DUTTON, 713 Broadway.  
 MARCUS SPRING, Eaglewood, Perth Amboy, N. J.

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#### BOSTON REFERENCES.

BOSTON, Sept. 18, 1868.

We, the undersigned, having personally tested the effects of Dr. D. P. Butler's Health-exercise, The Lifting Cure, and received much benefit from its application, do not hesitate to recommend it cordially to the public, it being in our judgment, as applied by him, the best form of exercise for business men, those of sedentary occupations, or invalids ; effective as a cure, and permanent in its results, combining economy of time with thoroughness and safety :

Hon. WM. CLAFLIN, Governor of Massachusetts.  
 Rev. J. A. M. CHAPMAN, Pastor Tremont Street M. E. Church.  
 Rev. GEO. GANNETT, 69 Chester Square, Boston.

- Rev. JOS. B. MARVIN, editor of "*The Radical*," 25 Bromfield Street.
- Rev. EDWIN A. EATON, 60 Sudbury Street.
- Rev. FRANK K. STRATTON, Melrose, Mass.
- Prof. O. S. FOWLER, 514 Tremont Street, Boston.
- GEO. W. TUXBURY, Esq., 147 Boylston Street.
- HALES W. SUTER, Esq., 27 State Street.
- OTIS DANIELL, Boston.
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 IRA C. GRAY, Gents' Furnishing Goods, 243 Washington Street.  
 ALBERT WEBSTER, Confectioner, 235 Washington Street.  
 A. C. FELTON, Greenwood, Mass.  
 SAM'L SMITH, Woollens, 89 Franklin Street.  
 WM. H. GOODWIN, Music Teacher, 8 Cedar Street, Charlestown.  
 F. C. TAYLOR, Carpets, 164 Washington Street.  
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 CHESTER H. HAZEN, Watch-Maker, 142 Washington Street.  
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 ALBERT ELLIS, Insurance Agent, 84 Washington Street.  
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 RICHARD D. CHASE, Clerk, 114 Congress.  
 JAMES A. COE, Clerk, 76 State Street.  
 F. P. HALE, Jr., 76 State Street.  
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JAMES H. DODGE, Auditor's Office, City Hall.  
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JOSEPH H. GRAY, Wool, 174 Congress Street.  
J. HORSWELL, Dry Goods, 12 Summer Street.  
W. S. HOUGHTON, Shoes and Leather, 64 Pearl Street.  
L. E. CHACE, Confectioner, 114 Congress Street.







# HEALTH EXERCISE:

A DISCUSSION

OF

THE RATIONALE AND PRACTICE

OF

## BUTLER'S LIFTING CURE.

BY LEWIS G. JANES,

PHYSICIAN AND INSTRUCTOR AT CURE,

*No. 830 Broadway, N. Y.*

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“Habitual exercise is the CAUSE and CONDITION of that vital renovation of parts, which is the SOURCE and MEASURE of constitutional vigor.”

YOUNG.

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SECOND EDITION.

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NEW YORK:

PUBLISHED BY THE AUTHOR—No. 830 BROADWAY.

BROOKLYN—No. 274 FULTON STREET.

1869.






# BUTLER'S LIFTING CURE.

D. P. BUTLER, M. D., PATENTEE.

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